



10 Principles of Somatic Coaching

1. Humans are inherently psychosomatic beings — body and mind are inseparable.
2. The ability to heal comes from within because what is required to heal is already present in the person.
3. There are two ways to experience the world. First, through the body (somatic), and then we interpret with the mind (cognitive).
4. The mind filters information through a person's model of the world, while the body provides the purest experience.
5. Change requires awareness, mindfulness, new practice, in that order.
6. Nothing is broken or bad – everyone/everything works perfectly. Behind every behavior, there is a positive intention.
7. The body learns and changes in the present moment.
8. The basis for wellbeing is integration. “Integration is like a fruit salad not a Smoothie.” - Dan Siegel
9. Hear the issue and coach the client. Open a space beyond the problem and connect with the person.
10. We embody what we practice so we must build the capacity to stay with new learning.